

Engaging, professional speakers utilize multimedia approaches, up-to-date suicide prevention strategies and personal experiences to give participants an exciting, active and motivating training experience.



Lexington, KY
March 11-12th, 2004



Hosted by Bluegrass Regional MH/MR Board
Held in Board Room at 1351 Newtown Pike,

An innovative series of workshops for any person or organization interested in preventing suicide in their community. Advanced training for Counselors, Case Managers, and Health Care Providers.

March 11, 2004 –
QPR Gatekeeper Instructor Certification Program

Question, Persuade and Refer Learn to Teach Three Simple Steps Everyone Needs to Know

March 12, 2004 –
QPR Suicide Risk Assessment and Risk Management Course -
Quality Care for People in Crisis

These public education and professional packages are part of the QPR Institute's Suicide Risk Reduction Program

For more information

Call Barbara Kaminer at 502.564.7610 or
Email her at Barbara.Kaminer@ky.gov

About the Trainer: Paul Quinnett, Ph.D., is an internationally recognized speaker and trainer in suicide prevention. He is the author of several books, including, *Suicide: The Forever Decision*. Dr. Quinnett served as a member of Washington State's Governor's Youth Suicide Prevention Task Force, is a board member of the Suicide Prevention Action Network (SPAN) and the Kristen Brooks Hope Center (1-800-SUICIDE), and is

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currently the Editor-in-Chief of Preventing Suicide: the National Journal. Training Director for an APA internship in Spokane, Washington for 20 years, he is also Clinical Associate Professor in Psychiatry and Behavioral Sciences at the University of Washington School of Medicine.

March 11, 2004 8:00 a.m. - 5:00 p.m.

QPR Gatekeeper Instructor Certification Program

QPR manual and materials, three-year certification and training
Regularly \$495.00

Our cost will be \$395.00 if we have at least ten people registered

The risk of suicide can be decreased if those closest to the individual in crisis recognize the warning signs and know how to help. That's why everyone - friends, family members, co-workers, teachers, everyone - needs to know suicide warning signs and basic intervention steps. In as little as one hour, QPR Gatekeeper training can teach anyone the steps to help save a life from suicide.

This Gatekeeper Instructor Program makes basic suicide prevention skills easy to learn and easy to teach. You will learn to teach:

- Quality suicide prevention training for a variety of audiences.
- The role of depression and mental illness in suicidal thoughts and behaviors.
- The four fundamental components of suicidal communication.
- How to help participants replace fear with positive action.
- The three simple steps to help prevent a death by suicide.
- About available resources and support within you community.

Three Year Certification includes:

- The full-day training course.
- A QPR Instructor Manual with:
 - Detailed instructions/guidelines for presenting QPR.
 - Visual Aids - 35 mm slides, over- heads, and a nine-minute video hosted by Carrie Fisher.
 - Audio cassette of an actual QPR Gatekeeper Training.
 - 25 QPR booklets, 25 cards and discount order forms for future training needs.
 - A Tender Leaves of Hope booklet.
 - A tool kit (continuously updated) with information on various issues related to suicide, marketing QPR and fund-raising.
- Two of Dr. Quinnett's books:

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Suicide: The Forever Decision

Counseling Suicidal People: A Therapy of Hope

- Access to QPR Institute's 800 number for consultation on QPR training.
- QPR Times - a bimonthly newsletter created and published specifically for QPR Certified Gatekeeper Instructors.

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March 12, 2004 8:00 a.m. - 5:00 p.m.

QPRT Suicide Risk Assessment and Risk Management Course

Quality Care for People in Crisis

\$120.00

Fee is waived for those registered for March 11

Fee is also waived for the Designated Child Sexual Abuse Treatment Coordinators

Providing the highest quality of care for clients or patients in a suicide crisis is rewarding for everyone, including the provider. Now, you can improve that care using a new approach to suicide risk assessment and management:

The QPRT gives healthcare providers an opportunity to increase standards of care by doing a more thorough job in clinical assessment and treatment decision making.

You will learn:

- To understand and use epidemiological research to enhance knowledge and clinical decision-making skills.
- To recognize suicide risk predictors and improve clinical judgment.
- Methods to avoid suicide malpractice claims.
- Strategies for comprehensive, clinical documentation.
- How to assess suicide risk through interactive exercises.
- To conduct a qualitative, clinical interview using the QPRT Risk Management Inventory.
- Clinical techniques to manage the at-risk patient over time.

Handout materials include:

- Copies of course overheads for note-taking
- 1 QPRT User's Manual
- 15 Suicide Risk Assessment Inventories
- 1 copy of the Tender Leaves of Hope booklet

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**REGISTRATION FORM
COMPLETED FORM MUST BE RECEIVED BY
MONDAY MARCH 1, 2004**

Please complete and send this registration sheet to:

**Barbara Kaminer
DMHMRS
100 Fair Oaks Lane 4W-C
Frankfort, KY 40621**

Check session(s) desired

☐ **March 11, 2004 8:00 a.m. - 5:00 p.m. QPR Gatekeeper Instructor Certification Program**

☐ **March 12, 2004 8:00 a.m. - 5:00 p.m. QPRT Suicide Risk Assessment and Risk Management Course**

Name _____

Agency _____

Address _____

Phone _____

Email _____

Make checks payable to: BLUEGRASS REGIONAL MH/MR BOARD

☐ **Check** or ☐ **purchase order** enclosed in the amount of:

☐ **\$395.00**

☐ **\$120.00**

☐ **Designated Child Sexual Abuse Treatment Coordinator (Please contact Natalie Kelly directly if you are in this category.)**